

# SPRING/GHANA

## Engaging Communities to Improve Nutrition through the 1,000-Day Household Approach

SPRING's work in Ghana (2014–2017) aimed to improve the health of 1,000-day households with pregnant women and/or children under 2 years of age. Using evidence-based practices, SPRING developed a multi-sectoral program to reduce stunting and anemia in 15 districts of the Upper East and Northern regions of Ghana. The project linked the sectors of nutrition, WASH (water, sanitation, and hygiene), and agriculture, and employed social and behavior change communication approaches at household, community, and facility levels.

### WASH

#### Building Capacity for Clean Communities

We used the WASH 1,000 approach to promote four key behaviors: disposing human and animal feces safely; handwashing at critical times; boiling or treating water for children 6–24 months; and creating clean and safe play spaces for children. Through SPRING's work, 154 communities have been declared open-defecation free, with over 6,756 latrines constructed using household and community resources.



### SBCC

#### Expanding Our Reach through Innovative Channels

SPRING shared nutrition and hygiene messages through multiple platforms to encourage and reinforce behavior change. This included showing stunting advocacy and WASH 1,000 video dramas at community durbars and airing our radio serial drama, *Shrubs of Today Become Tomorrow's Forest*. We also developed high-quality picture aids to facilitate communication in our WASH and agriculture training activities.

### NUTRITION

#### Improving Nutrition Counseling and Services

SPRING trained over 4,000 community health workers and volunteers on nutrition topics, including infant and young child feeding and anemia. Improving supervision of health workers helped ensure that messages were disseminated, the quality of services strengthened, and access to services improved.



### NUTRITION

#### Helping Caregivers Improve Nutrition at Home

SPRING also formed and supported mother-to-mother and father-to-father support groups, encouraging community/family members to help each other share experiences and adopt new practices to improve the health and nutrition of their families.



### AGRICULTURE

#### Promoting Safe Farming for Healthy Food

SPRING trained 19,899 farmers in good agronomic/harvesting practices to reduce dangerous aflatoxin contamination in groundnuts, which are widely consumed in northern Ghana. Chronic exposure to this toxin contributes to stunting and anemia.



### WASH

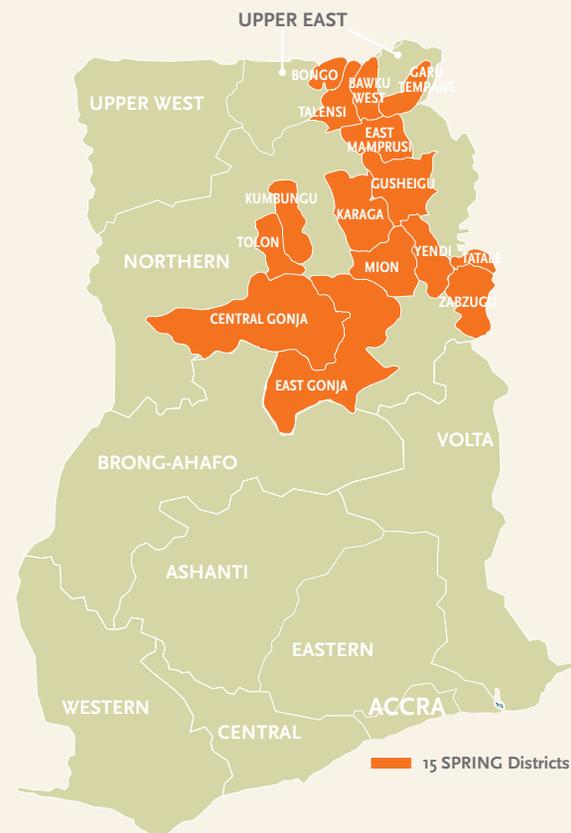
#### Encouraging Handwashing at Critical Times

SPRING encouraged community members to construct and use tippy taps, simple handwashing stations made of locally available and inexpensive materials. With 9,235 tippy taps constructed in homes, we also integrated WASH 1,000 messages into school health clubs and encouraged the construction and use of tippy taps for handwashing at 124 schools.



## PROGRAM PARTNERS

SPRING enjoyed successful partnerships with the Government of Ghana and its decentralized units of the District Assemblies, including the Ghana Health Service, Ghana Education Service, Ministry of Food and Agriculture (MOFA), District Environmental Health and Sanitation Unit, Department for Community Development and Social Welfare, and Information Services Department; USAID Implementing Partners, including RING, ATT, ADVANCE, Systems for Health, Evaluate for Health, Communicate for Health; and multilaterals, including UNICEF and WFP, civil society organizations, and several other stakeholders, leading to more sustainable programming and wider coverage of communities.



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